

Periodic Medical Examination must include the following:

Laboratory Studies (All labs must be performed within 180 days of the physical examination)

- Hematocrit or Hemoglobin
- Lipid panel to include total cholesterol, HDL, LDL, triglycerides, VLDL:(For males age 35 and older and females age 40 and older done only every 5 years for low risk persons; For males up to age 34 and females up to age 39: every 3 years for high risk persons with history of diabetes mellitus, family history of heart disease: hyperlipidemia, or multiple coronary heart disease risk factors before age 50 (male relatives) and age 60 (female relatives) **Updated 1-31-12***
- Fasting Glucose: Diabetes screening done every 3 years for all ages if history of hypertension or hyperlipidemia **New Requirement 1-31-12***
- Complete Urinalysis
- PAP smear/pelvic exam and breast exam every 3 years; performed within 12 months of the physical examination(not required for women with a history of a total hysterectomy) **Updated 1-31-12***

Diagnostic Studies

- Tuberculin Skin Test (TB) or Quantiferon test required annually (unless contraindicated; see NOAA TB Educational Handout 2008) for all shipboard/aviation personnel or those officers embarking on a NOAA vessel for > 24 hours. All other assignments every 5 years
- Colorectal Cancer Screening: beginning at age 50 for males and females includes: Fecal Occult Blood Test -FOBT x3 or annual Flexible sigmoidoscopy) OR Double-Contrast barium enema (every 5 years) OR Colonoscopy (every 10 years) **Updated 1-31-12**
- Prostate Screening: beginning age 45 for males (frequency of testing will be determined by health care provider based on risk) **New Requirement 1-31-12***
- Audiogram (performed within 12 months of the physical examination)
- Screening Mammogram - beginning at age 40 for females and every two years thereafter; performed within 12 months of the physical examination. **Updated 1-31-12**
- Ocular Examination - to include: gross visual acuity (Uncorrected visual acuity must test 20/20 or better in each eye)-performed within 12 months of the physical examination
 - ✚ Eye Refraction Test: required only if uncorrected vision is worse than 20/20 in either eye **New Requirement 1-31-12***
 - ✚ Tonometry/Intra-ocular tension-performed with all eye refractions **New Requirement 1-31-12***
- Height, Weight, Blood Pressure, Body Frame Size (wrist measurement), Body Mass Index (BMI) (height , weight and wrist measurements may be self-reported by recording the information using feet, inches and pounds) **New Requirement 1-31-12***